

Personal Trainer



Danielle Hernandez

Professional Credentials:

FallProof Balance & Mobility Master Instructor

AFAA Certified Personal Trainer

Danielle Hernandez is a balance and mobility specialist and a certified personal trainer with a strong desire to enhance the quality of life in her older adult clients through fitness and wellness. She graduated from California State University, Fullerton in 2004 with a Bachelors of Science in Kinesiology and then in 2007 she completed her Masters of Science in Gerokinesiology from the same university. As a student, she worked with a heterogeneous population of older adults in the Center for Successful Aging and was also a balance instructor teaching group fall prevention classes at various senior centers in the Los Angeles area. Danielle was also a Fitness Manager at Nifty after Fifty where she develop the company's fitness programs. She specializes in developing well-rounded exercise programs for individuals with various medical conditions and/or balance problems. Danielle was a D1 cross country and track athlete and still enjoys running daily and lifting weights. In her free time, she also officiates college basketball.